

# Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a six-week series of 90-minute workshops that teach you how to take care of yourself while caring for someone else. By taking care of your own physical and emotional needs, you become a better caregiver.

Previous participants have found the program tools they have learned improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also increased confidence in their ability to meet caregiving demands and improved their ability to seek out and utilize community resources.

## **This FREE program gives you the tools to:**

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate more effectively in challenging situations and with the person needing care, family members, doctors, and paid helpers
- Change negative self-talk

## **By attending you will receive a FREE book to help you:**

- Take care of yourself
- Recognize changes in someone who may need extra help
- Recognize and understand depression
- Hire in-home help
- Help memory-impaired elders
- Learn from your emotions

**November 1—December 6, 2021  
Mondays 5:30-7pm**

**Register or for more information:**

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**[www.carrollcountymd.gov/aging-and-disabilities](http://www.carrollcountymd.gov/aging-and-disabilities)**

**Caregiving can be a challenge, but  
it's easier when you're prepared.**

Powerful Tools for Caregivers gives you the confidence and support to better care for your loved one—and yourself.



*I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.*

*Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.*



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.